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# THE HISTORY OF THE UNITED STATES

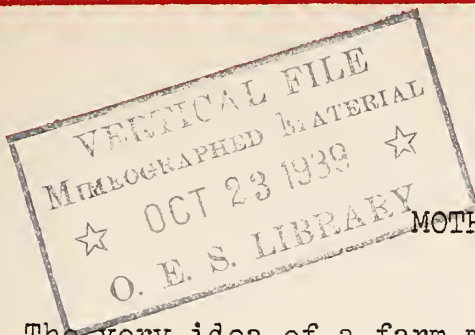
The history of the United States is a story of growth and change. It begins with the first settlers, who came to the Americas in search of a new life. They found a land of opportunity, but also a land of challenge. The early years were marked by conflict and struggle, as the settlers fought to establish their own communities. Over time, the United States grew from a small colony into a powerful nation. It was a process of constant evolution, shaped by the dreams and aspirations of its people. The story of the United States is a testament to the power of the human spirit and the ability of a nation to overcome adversity.

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MOTHER'S VACATION

The very idea of a farm mother's leaving home for even a few days' vacation at a rural women's camp seems at first out of the question. But why not? Why shouldn't she have a rest and a change, a little fun, a little sociability?

Thousands of farm women in different parts of the country have tried the vacation camp plan, under the stimulus and direction of the county home demonstration agent, says \_\_\_\_\_, \_\_\_\_\_  
(Name) (Title)

\_\_\_\_\_,\* The mother who is trying a vacation for the first  
(Institution) time may feel better about going away if she organizes the household carefully before she leaves. If she makes each person responsible for a definite duty, she can be pretty sure nothing can go wrong.

In some of these vacation camps the women bring most of their own food, to keep down costs. Sometimes local chambers of commerce or other agencies supply equipment, help, and swimming facilities if there is a lake or stream. Some of the camp activities that are enjoyed are handicrafts, such as brush-making, basketry, and leather work, and all camps have group singing, nature walks, and campfire talks.

At one very good camp in Mississippi each person pays 50 cents to cover the cost of the cook, ice, milk, lemons, tea, and bread. Other food is brought from home. The women divide into six groups, each of which agrees to prepare one meal. The cafeteria plan is used in serving. This camp always has, each day, one group of "do-nothings" who spend most of their time reading or fishing - a real rest.

\*(Note to editor: If there is a camp in your State, an account of it might be added.)

